

HOMECOMING FILLS WEEKEND

Phase II Focuses on the Vision

After planning since early Fall, the Spiritual Activities Committee is ready to hit the Dordt community and visiting CMA colleges with a week of full-orbed club activities demonstrating Christ-centered perspective on Christian education and its influence in all areas of life. The theme that Christ is King will be shown to be the power that drives Christians on to work in this world for the coming of the Kingdom.

The work done during the week of March 5-9 will be a continuation of the Spiritual Retreat activities held at Lake Obojoi last fall under the theme, "Putting It All Together." The college community will witness a week of excited activity, intelligent and fruitful presentation and discussion of papers, and a drive for continued effort on the part of all students and faculty to establish a Kingdom perspective on all life's activities. The clubs on campus have put long hours of preparation into this week with the hope that all those involved may obtain a richer vision of what their Kingdom task consists.

The program will run close to the following schedule as possible:

Monday evening (March 5) -- combined hymns in Bethel and First Church and an introduction to the entire week [UB].
Monday morning, 9:50-10:45 -- Phi Kappa Sigma -- gym.
Monday evening, 6:45 --- Re-Sem; Missions -- C160
Tuesday morning, 9:25-10:15 -- Opera Guild -- gym
Tuesday evening, 6:45 --- Biology; Physics -- C160



The Sisters MacIntosh, a one-act comedy is scheduled for Saturday afternoon Homecoming activities in the SUB.

Photo: de Vries

Ad Hoc Reviews Senate Proposal

Last week Monday, the 19th of February, the Ad-Hoc Committee had its second meeting. The committee again considered the proposal regarding the Student-Life Senate.

The idea remained basically the same, that of an organization (Student-Life Senate) to review proposals concerning student nonacademic life. They made several technical revisions -- for example, one concerning how many

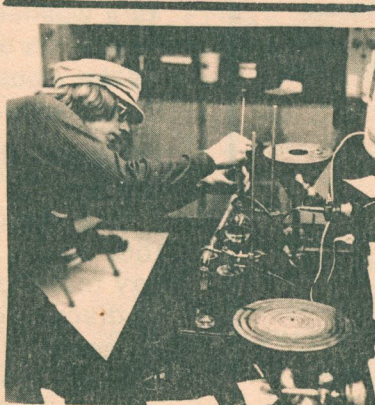
representatives from each class will be appointed to the senate.

This revised proposal will be presented again to the committee at its next meeting and then to the Board of Trustees in March for their approval.

If approved, the new set-up retains the present student Forum as part of the organizational structure. Proposals concerning non-academic affairs brought up by the Forum will go to the Student-Life Senate for revision and from there to the Board for approval.

In the new system the faculty will deal only with academic matters in relation to student life, except for the four faculty members who along with four Board members, two administrators, and six students will make up the Student-Life Senate.

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Science people plan an open house for the Phase II week.

Photo: de Vries

Hosts, Hostesses

Preside Over Activities

Homecoming 1973 activities will occupy much of this weekend at Dordt College. Beginning with the band concert on Friday evening, March 2, Homecoming events will continue through the Talent Show on Saturday evening, March 3.

Hosts and hostesses have been selected for the Homecoming activities. Mr. and Mrs. Magee, Mr. and Mrs. Koekoek, Lee Luhrs and Helen Blankespoor, and Dan and Joyce Gibson will be introduced at the Friday evening band concert.

The Dordt College Concert Band will be the featured highlight for tomorrow's opening with Mr. Dale Grotenhuis and Mr. Gerald Bouma conducting the band in a variety of selections, ranging from classical to numbers of recent vintage. "Festival

March" by Dale Grotenhuis will be featured near the end of the concert. Mr. Grotenhuis wrote the number in 1965 and made use of the Dordt Alma Mater in its final section.

Sectionals have been prepared for Saturday morning so that Dordt alumni can become acquainted with new developments here at Dordt. Faculty members will be leading these sectionals in drama, speech, music, physical education, natural science, special education, business, library, and curriculum changes. At 2:30, a one-act play will be performed in the SUB lounge where displays will also be set up.

Later Saturday afternoon an interesting basketball game is slated when an alumni team and an intramural all-star team tangle in the gymnasium.

Topping off the Homecoming activities Saturday evening will be a Talent Program, beginning at 7:30. Readers' Theatre, choreography, musical numbers, a dramatic production, and a faculty skit will be complemented by a presentation put on by returning alumni. wh

Urban Affairs

Discussed

in April

Three people from Philadelphia will visit Dordt's campus during the days of April 4, 5, and 6 in connection with Urban Affairs Week. Rev. Wayne Brauning, director of the Philadelphia Association of Christian Schools (PACS) and Mrs. Vivian Dowe, a substitute teacher in one of the Philadelphia Christian schools, and Mr. Guy Royce, a recent Roman Catholic convert and parent of two Christian school children will participate in the three day Urban Affairs program.

Working together, they will lecture on Wednesday, Thursday, and Friday, April 4-6, to economics, education, and sociology classes. The economics class will hear a lecture on the Urban Crisis. Crime in the Ghetto is the topic for the lecture they will give for the Sociology 204 class.

On Wednesday evening April 4, at a meeting sponsored by the Sociology Club, Rev. Brauning and Mrs. Dowe and Mr. Royce will address a public audience on the topic:

Black Separatism and Cultural Pluralism. They are scheduled to speak in chapel on Thursday morning and that evening will talk to a Phi Kappa Sigma meeting.

Dordt has been con-

(Please turn to Page 3.)

And We Begin Again. . .

by Karen Walhof

Change. If you were going to apply that term to any situation at Dordt this year, you'd probably have to select the Student Government and pin the change-label there.

For seventeen years, as long as the college had existed, the Student Council form seemed adequate, if not desirable. However, as the college situation and the college students changed, the student government had to give way too.

So this year the Student Forum took its place, and many students had high hopes--that this new form of student-faculty-administrative interaction would provide a satisfactory option. And after a period of time, during which the Forum members deliberated issues which seemed real to student life, and proposed what they felt were real and fair solutions. It seemed to many students that this type of proposal power might be an effective student government form. Again, however. . . . The Board's decision to table Forum's recommendations provided the initiative as new discussion about the real problems of the relationship of student-faculty-administrative-Board action in student life, specifically, began.

The Ad Hoc committee, appointed by President Haan after the Board's decision, has formulated a proposal which adds, in addition to the existing Forum and Faculty-student committees, a Student Senate. This body, made up of four Board members, the President of the College and the Dean of Students representing the Administration, four faculty members, and six students, would be the final voice on student life policy, subject to Board of Trustees' review. Student life faculty-student committees activities, student life policies and problems, and Student Forum appeals would be considered and handled through this Senate. The Senate would "initiate policy changes deemed necessary for the betterment of student life." These matters would then be forwarded to the Board of Trustees for final approval.

And so, we've taken another step forward.

Ho-Ho-Ho

To the Editor:

I am writing concerning Homecoming events which are planned for this coming weekend. I am sure that the many events will make it very exciting. However, I think that it is important to know that I am going to do my share. Therefore, I wish to announce at this time that I will do my best to make sure that Santa Claus will make his appearance sometime during the weekend.

Sincerely,
A Senior Snob

DIAMOND

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OCTC's Menagerie

in Review

by Janet Vlieg

Tennessee Williams wrote a sentimental, non-realistic play about a girl who escapes from life to a dreamy world of glass figurines. The Old Creamery Theatre's production of *A Glass Menagerie*, presented last Saturday night in C106, was that and more. In the OCT production, Tennessee Williams came through quite contemporarily with the OCT's emphasis on "gentlemen callers" as a pathetic symbol as well as a pathetic reality.

"Mother's afraid I'm going to be an old maid," sighs Laura mournfully. Brother Tom responds restlessly. He's about had it with the possessiveness and calculating insecurity of his mother. Amanda throttles her children with her fierce worship of education and the married state. Through Amanda's graceless gestures and grating voice, the OCT production clearly exposed the deformity of Amanda's view of life. This interpretation brought into focus a sick social system that coerces young women into occupying a "position" (becoming a lady of a house), rather than "eating the crust of humility all their lives" (remaining a spinster). Tom, too, is trapped. As the only man in the Wingfield family, he is expected to support and protect the women financially until Laura marries and another man can take his place. Finally Tom is driven to the point where he blurts out bitterly that he would rather smoke than play along with any of his mother's games. "All pretty girls are a trap and men expect them to be," says Amanda. Tom and Laura will be a part of Amanda's game whether they like it or not.

"You be the lady and I'll be the darky," says Amanda to daughter Laura. And so the games go on in a dreamy euphoria of illusion, with Tom fighting to break loose. Each Wingfield is desperate for relief from the unromantic poverty of their St. Louis flat. Amanda draws the helpless Laura into her little dream world of Southern belles and dashing beaux. For a while the dream survives intact. But the tension builds as Amanda realizes that Laura will never make it as a secretary; thus marriage is the only alternative.

Tom and Amanda's storming argument (with Laura as the crying bystander) was the most memorable scene of the conflict. "I will never speak to you again as long as you live!" screeches Amanda. But Tom is not even paying attention. He stares, stunned, at the broken glass of Laura's menageries. Laura cries, whimpering in fright. The dream is slowly crashing to splinters in the Wingfield livingroom. Each character appears to be alone at this point, lost in a private world of terror. The OCT players communicated this feeling of individual shock powerfully and succeeded in completely involving their audience.

Although the penetrating performance by Rita Berendes (Amanda Wingfield) dominated the production, the victimization of Laura, played by Gretchen De Boer, remains the focal point of the play. Subtle variations in the walking and hand movements of Amanda and Laura set the different moods of each scene more effectively than any dialogue.

Through his sarcastic monologue describing Amanda, David Berendes (Tom) not only interpreted and developed the character of Tom, but brought the audience to view the conflict through his eyes. At one moment during the production, voices in the Dordt College audience were audibly murmuring "Rise and shine!" in sympathetic anticipation of the rude awakening Tom was about to receive from Amanda.

Jim O'Connor, the gentleman caller, came alive on stage through the Irish brogue and bouncy step of actor Mark Pint. Jim O'Connor is a washed-up high school hero and a fool. But Pint gave his character a sort of warm vulnerability, thereby smoothing some of the crass edges of Jim's behavior. As Jim signed Laura's *Torch* with a glorified flourish, one was more inclined to feel sympathy than anger at his desire to crow a little in front of an old fan.

One could perhaps discuss at length the symbolism of the various styles and colors of the props and costumes. Let us just say that the overall effect of the OCT production was excellent. In discussion of monthly wages (\$65), Laura's victrola, Amanda's magazine sales pitch and Tom's slicked back hair, a '30s atmosphere prevailed the Wingfield dreams. The cigarette smoking was also valuable as a good mood-setter. The OCT troupe took charge of every detail. They more than did justice to the work of Tennessee Williams through their fine interpretation.

Rozeboom Plans Retirement

Dr. Garret Rozeboom, professor of Education and Psychology at Dordt, will be retiring at the end of this semester.

Presently serving as director of teaching, Dr. Rozeboom cites two reasons for his retirement. First of all, he simply stated that he was at retirement age. His other reason is that there are many young men who are qualified for the position he has and are in need of a job.

Dr. Rozeboom came to Dordt first when a four-year college was only being anticipated yet. He wanted to work in a position similar to his present job but was sidetracked when the first dorm was built (West Hall). He and Mrs. Rozeboom became Dordt's first dorm parents. In a sidenote here, Dr. Rozeboom says coed dorm life was great. West Hall housed women on one wing and men on the other and he recommends that system of dorm housing as very fine.

Dean of Students was Dr. Rozeboom's position next and with this he also had the job of teaching Psychology. Later a Psychology professor was hired and he devoted his time solely to the office of Dean.

Four years back Dr. Rozeboom finally returned to the work he enjoys so much. He stepped out of the Dean's office and became once more the director of teaching. In this position he has served until now, working with Dordt's education students

in practice teaching and teacher placement.

What are Dr. Rozeboom's plans now? He has been studying maps and noticed many lakes in Minnesota and Canada which he must visit. He bought a pickup and plans to pull a trailer on a long vacation.

"I love it here," commented Dr. Rozeboom. "Everyone has treated me really fine."

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Mr. William Ness, professional organist from Detroit, Michigan, performs as part of the AGO Spiritual Emphasis Week project.

AGO Features Ness

During spiritual emphasis week the local student chapter of the American Guild of Organists and Dordt's music department will sponsor a workshop open to all interested in organ music. Mr. William Ness, an Iowan who is now organist in the First Presbyterian Church of Detroit, will conduct the workshop. Student members of the local AGO will present their group's position paper for spiritual emphasis week and perform contemporary chorale preludes. Mr. Ness will comment on each performance. The workshop will be held March 8 from 1-3 p.m. in the band room.

On next evening at 8pm, Mr. Ness will give a recital in Sioux Center First CRC. He has an established reputation dating back to college days when he won the graduate student competition at the University of Michigan - an M.A. student competing with Ph.D.'s. This recital will include pieces by Bach, Liszt and Saint-Saens.

A reminder - next Monday night will be the last performance in the Sioux County Concert Series. The four members of the John Biggs Consort will present an evening of vocal and instrumental music from medieval, renaissance, baroque and contemporary times in the Northwestern gym. Attendance of series' concerts has been very disappointing this year and if it doesn't pick up now the series may be scrapped next year. Mr. Zuiderveld believes this will be one of the most exciting concert of the series. Students needing rides should check the bulletin board in the music building.

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Philadelphia, con't from p. 1

nected somewhat indirectly with PACS ever since it began in trying to help the schools financially. Brauning feels that something like Urban Affairs Week will help to establish more direct contact between PACS and the Dordt community especially in the Sociology and Education departments. Dordt is trying to develop a Christian perspective in these areas and Philadelphia has the concrete situations where the perspective is desperately needed. Better communications may lead to a sharing of insights and to mutual support, Brauning hopes.

On Friday night, the 6th, six Dordt students will give a folk concert in C106. All proceeds from the \$1.00 admission fee will go to PACS. Then on Saturday afternoon, Mr. Van Gelder and Mr. Bogaard, two well-known local auctioneers will auction off a collection of contributed items also in C106 and again the proceeds will go to the Philadelphia Christian schools.

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From the Frying Pan Into the Fire

by Gail Stockmeier

Attaining Nixon's "Era of Peace" necessitates more than a tranquil Southeast Asia. There is the smoldering matter of the Middle East. For the past six years we have been hearing ominous reports and dire predictions about Israel and the Arabs. Many commentators and politicians warned that once Vietnam was over with, the Middle East would be the scene of the next world crisis. Two events of the past week seem to confirm them. First came two relatively unnoticed Israeli raids on two Palestinian camps located deep in Lebanon. Twelve hours later the world was shocked by the downing of a Libyan passenger jet by Israelis with great loss of civilian life. It seems that the jet had strayed into the Sinai Peninsula on its way to Cairo. Israel claims to have warned the pilot, but that when he failed to turn around and leave, they fired warning shots and were eventually forced to attack the jet. The Israeli belligerency is being justified by some who say that she is worried about reports that Arab extremists plan to pack an airplane full of explosives, and let it crash into their capital, Tel Aviv. Such excuses fail to justify this needless attack.

These blatantly hostile acts occur at a time when hopes are high for opening meaningful negotiations. Once again peace is jeopardized.

Now that relative calm exists in Southeast Asia, Nixon is focusing on the Middle East. He has recently conferred with King Hussein of Jordan and a special Egyptian envoy. Prime Minister of Israel, Golda Meir, will come to the U.S. next month, while Kissinger is being sent to the Mid-East. Hopes are that Brezhnev and Nixon will have a meeting of the minds on this conflict when they meet in Washington later this year.

Conditions in the Mid-East are of special concern to the superpowers for several reasons. For both Russia and the U.S., this area of the world holds the key to the energy crisis facing this planet. Oil supplies are depleting. Arab nations control much of the world's oil reserves. It is paramount that these reserves remain accessible. The U.S. has a history of partiality and outright military aid to Israel, as the Russians do for the Arabs. America sees Israel as a moral cause. We supported its formation as a nation back in 1948 out of pity for the Jews who have been kicked around and persecuted for centuries by European peoples. Israel's ancient land was taken from the Arabs and given back to Israel by the U.N. The consequences of bitterness and hatred between Arabs and Jews is more volatile than ever after 25 years. Perhaps it is time that the U.S. reconsiders her wholehearted support of Israel. We are supporting her military effort with our technology and Phantom Jets. She is guilty of using them unjustly. The Arabs on the other hand, have committed many atrocities of their own, particularly the guerilla-type, Commando group attacks. Both the U.S. and Russia should work in concert to force the two sides to negotiate by threatening to simultaneously withhold military support. The most immediate hope is to negotiate the reopening of the Suez Canal. Perhaps this will effectively begin the long road to peace. A spirit of compromise must prevail on both sides to accomplish anything. The superpowers should use their influence on the belligerents not to get at each other, but to together bring peace. The Middle-East will reveal just how sincere the Russo-American rapprochement really is.



Forensics Looks for Recruits

Debate and forensics teams have been at work this year participating in tournaments and festivals. Approximately 25 to 30 students have already been included in the forensics teams this year, more than ever before. Debate teams have also been progressing well.

Miss Addink, Mr. Dekkinga, and Mr. Vander Kooi, the faculty members in charge of the teams, commented on the purpose of debate and forensics at Dordt. Usually festivals are for learning in these areas and tournaments are considered purely as competition. For Dordt students, it is stressed that all meets, whether in festivals or tournaments are learning experiences; winning is important, but

secondary.

Several immediate objectives for the teams, according to the faculty members in charge, include having students participating in meets more consistently and applying what was learned at the last festivals and tournaments. Presently students sign up for meets when they would like to go and are not required to go every time.

Interscholastic Speech Activities 321 is a one-hour credit course received for participating in speech or forensics.

Comments from other teams have indicated a favorable attitude to the Dordt students participating and competing in meet

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For Now and Future Artists. . .

Literature and the Gospel, by Merle Meeter, Presbyterian and Reformed Publishing Co., 1972, 168 pages. \$2.00, available at the Dordt College Bookstore.

by Fern Hoeflinger

In this recent publication, Literature and the Gospel, Mr. Merle Meeter has attempted to answer some of the problems that Christians writers face as they worship the Lord through their literature. In the past, literature, as well as other arts, have been largely ignored by the Christian community with the result that the well written, highly artistic novels, short stories and poems have been produced by the secular world. Recognizing that God has commanded us to work in all areas of life, Christian writers are struggling now more than ever to develop a truly Christian perspective in literature. How can Christians glorify God and praise Him in their art without delineating the intrinsic character of that art by inserting moralism, ecstatic exclamations of praise, conversion scenes or whatever? What are God's created norms for literature which must be followed in order to develop art products that praise God not only in content but in form also? These are problems with which Mr. Meeter and other Christian writers must cope.

Mr. Meeter has arranged his book on the basis of thirty norms he has selected as being ordained by God for men to obey in all areas of life including literature. Each of the thirty chapters deals with one of these norms--eg. norm of unity, simplicity, faith, and the Biblical basis he finds for its fundamental importance in literature. Some Christians concerned with a reformed view of art and literature may feel that Mr. Meeter has perhaps chosen rather far-reaching examples from the Bible or perhaps has quoted proof texts too freely without seeing them in the context in which they were given by God. But Mr. Meeter explains his expressed use of these texts and examples in his stated thesis: "But the inspired and inerrant Word of the True and Holy Covenant God gives the writer, the critic, and the reader much more than merely a general faith framework in which to evaluate a work of literature. That the most important literary principles or norms, for structure as well as content, are also either definitively enunciated or peerlessly illustrated in the Bible is the thesis of this book." (Preface).

Although disagreements may arise because of his purpose, or because of his methods of explaining his norms, or concerning the basis of the norms themselves, Christian readers must realize that Mr. Meeter makes some very valid points concerning literature and its significance in God's created order. In terms of the norms he has chosen, Mr. Meeter presents aspects of the Christian life style which God demands of us in everything we do. Patience, mercy, righteousness, temperance and the others are reflections of a Christian's heart commitment and will be intrinsic to everything he does and writes. Mr. Meeter also states very explicitly that writing novels and poems is part of our response to our cultural mandate and that our response must proclaim that God is King of literature.

In relation to this mandate, then Christians are called upon to produce literature and drama that will act as a healing alternative to that which the secular world offers. Mr. Meeter also sees that such literature must present the clear and dynamic nature of Christianity, the joy and love we receive through Christ's death, "without minimizing the hellish malignancy of sin and the real existence of the devil . . ." (p. 30). In his chapter on the norm of harmony, he explains that realistic Christian literature must include an accurate portrayal of sin, but in the larger context of Christ's redeeming love.

Although Mr. Meeter sometimes seems to fumble around wordily with theological propositions as he analyzes a work of literature, he makes very clear that the work must be examined first of all on the basis of the author's heart commitment. That secular writers outrightly attack the Lord and offer pseudo-salvation methods is shown very clearly in his studies of Kurt Vonnegut and Fyodor Dostoevsky.

Problems arise when Mr. Meeter discusses his norms in terms of unChristian novels. In the first chapter he seems to deny any unity (or in places he calls it a false unity) in the organization of secular novels, specifically Huck Finn, Hamlet, and A Portrait of the Artist as a Young Man. In subsequent chapters he denies unbelieving authors much of a chance of achieving any of these norms. At one point, however, he feels forced to recognize that nonChristians may have access to God's created norms for literature: "That non-Christians and Christ-deniers have produced

written works of liveliness and character-influencing, culture-shaping power is evidence only that "God is good to all" and that His providence temporarily benefits even the unregenerate. . . (P. 22). As Christians, we all must agree with Mr. Meeter that all things cohere in Jesus Christ alone, and that without this faith understanding no writer will ever produce a truly normative novel. But Mr. Meeter seems to imply further that any Christian novel, because of the commitment to Christ underlying it, will be implicitly normative despite inadequacies of structure, form characterization, etc. which may not exist in some of the secular literary masterpieces. However, at this point, in surveying past and contemporary Christian fictional works, as well as those listed by Mr. Meeter, one cannot say that Christian writers have cornered the market on literary norms and normative literature.

In suggesting the possibility that Christian writers have managed to more fully demonstrate God's norms for literature than non-Christians, Mr. Meeter seems to stress content over form. Mr. Meeter sees good Christian literature (several works by Grace Irwin and Henry Coray, etc.) as more in keeping with his chosen norms because of their soul-saving message, their converting quality. He writes: "We are to present, instead, the Gospel of Salvation in Jesus Christ as it qualifies and renews every sphere and situation of life; we are to call men. . . to repentance, faith, obedience, discipleship, friendship with the Father through the Son. . . And literature is one important way" (p. 13). He speaks further of "wholesome didactic" and reprimands Christians for fearing to use the words "sin" or "Christ" or "repent" or "Bible" in their literature. In his chapter on harmony, Mr. Meeter speaks of writers as Kingdom witnesses in the literary arts. Their job, in relation to form, is to avoid style fads and remain faithful to the fundamental stylistic elements. If, then, Christians remain content with traditional art forms and "wholesome didacticism" as their basis of content, will not literature be in danger of losing its suggestiveness, its imaginativeness? Will literature retain some of those basic characteristics distinctive to its God-given nature? Is the God-ordained function of literature to praise God or to convert souls?

A final problem in Mr. Meeter's book is located in his recurring thesis. Christian aestheticians conflict over the proposition that the Bible is a text book for the study of literature. Mr. Meeter believes that in art "God instructs us by Biblical example as well as by direct exhortation" (p. 20). He suggests that much or all of what Christian writers need in terms of form and content is found in the Bible. Because of its inerrancy and timelessness, the Bible is the perfect example of literature. Perhaps this is a reduction of Scripture and literature. God's Word speaks to us of the greatness of God and His saving work in Christ Jesus. He gives us faith and sustains us in that faith through His Word. But God's Word does not directly speak to every situation in life and every point in literature. As a Christian, having faith in God, we must then act and write from our heart commitment, secure in our act because of God's love and faithfulness. To try to choose verses of Scripture randomly to back up structural points reduces the power of the Word of God. In writing novels and poems, short stories and drama, God wants us to be busy humanly. As human beings we are to exercise all of the talents God has given us to praise His name. In the light of His Word, we are to write imaginatively and Christianly, not merely to copy the examples of David and the other Biblical authors.

Mr. Meeter has come to grips with the problems of developing truly Christian literature. He has offered many valuable insights and confirmed many basic tenets of Christian literature. Perhaps Mr. Meeter's work would be more forceful if he were to emphasize that heart commitment rather than theological propositions are the moving forces in Christian literature. When a Christian writes, he is expressing his love for God and what that means to his view of life. Mr. Meeter says of Christian writers: "... that they be Reformed, theologically and philosophically Scriptural and astute, that their representations of life manifest the Biblically comprehensive and winsome vitality of truth as it centers in our Lord Jesus Christ, concerning whom all Scripture testifies" (p. 69). In final analysis, Mr. Meeter's book, Literature and the Gospel, was clearly written and published in Christian love and sincerity. He has suggested much that Christian writers must think about and work with as they worship the Lord in their art works.

Foods Potpourri

by Jeanie Zinkand

One fine morning you manage to make it to the Commons for breakfast, only to be confronted with a new menu of health foods. The eggs are a different variety: fertile eggs, from chickens raised of organic feeds and allowed to roam freely. The eggs contain a tiny chick embryo--the basis for the claim that these eggs are more nutritious. With that thought you pass up the eggs, moving on to the cereals. Granola, a basically oats cereal, (one of the more famous health foods products) looks interesting. You take a bowl and go on to pick up whole wheat toast, organically grown grapefruit, tiger milk and raw carrot juice. Before you start to eat, your roommate had a game of twenty questions with you on the ingredients of granola. Although recipes vary, granola commonly includes rolled oats, sunflower and sesame seeds, almond or cashew nuts, coconut and honey. Mixed together and baked, the cereal is a tasty, crunchy, nutritious and heavy cereal, higher in calories than most boxed cereals.

Your mid-morning trek to the SUB snack bar is equally startling. Herbal teas sweetened by honey or partially refined sugar replace the normal coffee. The soda fountain now offers raw fruit and vegetable juices, containing fewer calories and more vitamins than carbonated drinks. For something to eat you munch on pumpkin and watermelon seeds, higher in vitamins, mineral and protein than normal snacks of potato chips or candies, but also higher in calories and fat. Dinner that night consists of brown rice, bean salad, alfalfa sprouts, yogurt, and liver.



A revolutionary change in the college food system is not likely to happen, but in larger cities, health, organic and natural foods are a fast growing area of consumer interest. There are about 3,000 health foods stores in the United States and many large food chain stores are installing health foods counters. Although interest in such foods runs high, so does the confusion as to what labels as "health," "organically grown," and "natural" foods really mean.

Definitions of the meanings of such food labels differ from the producer and federal and university food commissions, as does the validity of the claims they make; the general definitions are as follows: Organic foods are produced without chemical fertilizers, pesticides spray and herbicides, using instead animal manure and green compost. Because of the difficulties in raising and delivering products by the organic method, the products cost about 30% more. Organic foods are claimed to be more nutritious but some food experts question the improved nutritional quality or the addition of "natural" vitamins. Usually organically grown foods are sold in the same areas where they are grown and are tastier because of the freshness.



"Why should I eat it? I got my daily essential Vitamin A and all the thiamine and riboflavin I need in the fortified Dynafakes and irradiated milk I had for breakfast."

DRAWING BY DARROW. © 1950 THE NEW YORKER MAGAZINE, INC.

Health foods claim to cure specific diseases and ailments: from cancer to headaches there are corresponding foods, bone meal, soy beans, and halibut liver oil are a few to cure the malfunctions. The problem arises when people believe more in the worth of health foods than in their doctor's advice. Though most health foods may be excellent, they have not been proven to do the work of medicines.

Natural foods are produced without chemical additives, fillers, artificial coloring and flavoring and preservatives. In this category can fall homemade foods like homemade bread which are made and eaten within a few days. Industrially produced foods need the preservatives to insure freshness after the prolonged shipping and shelf life. Other additives such as coloring are used to attract the consumer.

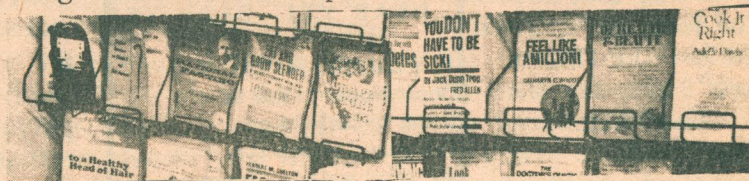
There are degrees of commitment to health, organic and natural foods. The Zen Macrobiotic Diet, consisting of brown rice and vegetables is a total commitment to a prescribed lifestyle. The Zen Macrobiotic Diet is often part of a mystic religious life. Others eat health foods believing that they are nourishing both their bodies and souls. To those people who believe in eating only organic foods, it becomes a way of life since farming, shopping and eating organically is difficult and expensive.

The typical American family projects a basic commitment in its eating habits too. Behind our gluttony of huge starchy and fatty meals, empty snacks and drinking habits is a hedonism not unlike the Romans. We tend to eat far more than we, in our sedentary age, consume. Too many bored housewives, harried executives and busy students, eating becomes a compulsion, a nervous release to daily demands. Our Thanksgiving feasts are contests in how much we can eat without becoming physically sick. Consumerism, rampant in prosperous nations, entreats the food buyer to tasty tidbits of little actual food value, easy preparation but blah-tasting meals. No one needs convincing that Grandma's homemade soup with fresh garden vegetables and newly butchered chicken meat is more succulent than canned and dried soups containing meat and vegetable particles difficult to distinguish by taste.

The rise of health foods has opened the eyes of consumers to the large amounts of chemicals added to industrially produced foods and to the nutritional value in products. Non-standardized food manufacturers must by federal laws list ingredients in order of weight--check soup to compare salt content to meat. Still many FDA laws leave the buyer with a food product of questionable value. FDA contamination levels allow for 50 insect fragments per 3 1/2 ounces of peanut butter, 5 rodent pellet fragments for that much cornmeal and 10 fruit fly eggs or 2 larvae to a 3 1/2 ounce can of tomato juice. Federal law prohibits the use of cancer causing chemicals in animal feed. DES-diethylstilbestrol, a cattle feed additive is still fed market bound cattle although laboratory animals fed the chemical have developed cancer. The question of what should continue on the market is a large one with few present alternative answers.

Somewhere between the adherence to a Zen Macrobiotic Diet and the hedonism of North Americans should be a healthy, normative eating style. Many health foods do have nutritional advantages that more industrially processed foods lack: Bacon rice--doesn't have its husks removed by polishing and retains more protein and vitamins than unenriched white rice. Wheat germ--the embryo of the seed remains after milling. Soy beans--high in protein and leading U.S. product is mainly fed to animals. Honey--is sweeter than sugar and has less calories. Sprouts--are high in Vitamin C and can be easily grown in your kitchen. Yogurt--a mildly fermented milk product is a good supplier of protein and calcium. Because of a lower demand these foods often cost more even though they require less production.

Often in industrial processing the distinctive variety of food tastes as well as the beauty of fresh foods is lost. The creation fruits contain large amounts of helpful nutrients which man in haste to make a profit takes out of normal diets. Enjoying the gifts of God's creation includes eating and drinking the benefits of the land in purity and with moderation. We also have a responsibility to keep the earth a place where such enjoyment can go on; this includes caring for the land and for ourselves by just laws concerning food content and production.



Granola (which costs less pound for pound than boxed cereals if you make it)

- 4 cups rolled oats
- 1/2 cup almonds or cashews
- 1/2 cup sunflower seeds (shelled)
- 1/4 cup sesame seeds (shelled)
- 1/4 cup honey
- 1/4 cup vegetable oil

Mix, pouring honey over the mixture. Put in a rectangular cake pan, bake at 350 degrees for 20 minutes or until golden brown, stirring occasionally. Remove from oven and let cool. Granola can be eaten dry or with milk.



Photo: de Vries

JV -- Dordt Style

by Julius de Jager

There is a team on campus that seldom receives recognition for their sport. I'm talking about the Junior Varsity Basketball Team. These fellows have been working their hearts out all season and have compiled an impressive record, but it seems that Dordt students don't take them seriously. Year after year they play in near-empty auditoriums.

This year Altona's boys were off to a good start. Gradually they chalked up a perfect record until our over-the-hill rival defeated them. Still, a standing of 15 wins and 1 loss is nothing to be ashamed of. Guys like Kooy, Van Groningen and De Wit knew where the hoop was and helped sink a grand total of 1,567 points. Behind them stood the Playmaker Steenstra with almost 100 assists. The average total per game was a whopping 97.9. No one can say that the team didn't sweat for their victories.

Basketball isn't all offensive though. The JVs kept their opponents down to an average of 71.8 points per game. It pays to have a thief like Kooy to make 46 steals on our team. Lots of hustle and solid team spirit continually wore down their opponents.

Dordt can be proud of these Freshmen. They deserve more recognition than what they've been getting the last year. Congratulations to Altona's Gang from all of us!

Briefly Speaking...

The women are really out there rolling those bowling balls. You guys who are bowling fans may be interested to know that the "Pinups" are the best team out there. They are suitable for framing as the most capable bowlers. Then there are those who are looking for an explanation as to why that bowling score just isn't what it should be--the "Blame the Lanes" are the ones for you. The "Bombers" are doing just that. They have bombed out 10 of their 12 games. The "Underground Balls" are looking for help in getting above ground before they skid all the way to the center of the earth. That's only league A!

In the other league, the "Alley Cats" are showing the other swingers just what it's all about. You may be interested in finding out who "Anonymous

2" is because they have lost all six of their games. I think they are hoping that they are so anonymous that no one finds out who they are! So much for the I. M. report this week.

bz

HEAR YE! HEAR YE!

A Walkathon for the Dordt Hockey Club is going to be held on Saturday, March 17! We need walkers, sponsors, and check-point people! Help get the team to Winnipeg with your support!



It's only 25 miles to Orange City and back. Contact Hank "Hot Foot" Vander Kraats if you can help. Okay?

SEE YA THERE!!!

Women's BB Ends With Impressive Season

The women's basketball season is over and the team emerged with an impressive 10-3 record. On February 14, the girls travelled to Wayne, Nebraska to play against a highly rated Wayne State team. The entire team played exceptionally well but were outscored by seven points. Wayne had a distinct height advantage, but Donna Wierenga scored 18 points, Judy Fopma 13, and Pat De Young added 12 to keep the game exciting and within reach the entire time. Despite the fact that the girls came back, from a 17 point deficit in the third quarter, the final score favored Wayne 60-53.

On February 19, the team played against Westmar in a hotly contested game. Westmar won the match by a 55-39 score, but Dordt was by no means outplayed. Nancy Mathies played well on offense and defense to provide the extra punch. Westmar is the only undefeated team in the conference.

Wednesday, February 21, Dordt hosted Buena Vista and emerged with a 50-44 victory. The girls out-rebounded and out-shot their opposition to earn the win. Judy Fopma led the scoring with 17 points and Donna Wierenga added another 13 to provide the winning margin.

The following evening, Morningside College was Dordt's guest. Donna and Judy contributed 22 and 23 points respectively to pave the way to a 66-43 victory. Once again the entire team played well and each contributed in their own capacity to display consistent teamwork.

Saturday, February 24, the team completed the season in a winning way with a sweet 61-48 victory over Northwestern. Nancy Mathies repeatedly gathered in rebounds to frustrate the Raider's attack. Donna Wierenga collected 20 points while Matheis and Fopma each added 19 and 13 points respectively. The entire

BB WINDS UP SEASON

The basketball season is over for another year. We finished with an 8-14 record -- a tough season.

On February 17, Dordt faced Dakota State and lost 91-85. Mark Sybesma and Craig Shannon tied scoring honors with 18. Also in the double column was John Zandstra with 13. John has been a substitute most of the season, but he gets fired up during the game. The team lacked motivation many times during the season, but John always seemed ready to play. Another person who has helped to balance the team is Craig Shannon, whose discipline will drive him towards perfection. He's a hard worker who will add much to next year's team.

The next game was with Northwestern, whose athletic department seems to be shining over their other departments this year. They beat Dordt 108-62. Mark Sybesma and Randy Nieuwenhuis were top scorers with 21 and 12 respectively. Northwestern broke the game open early and won by a large margin. One reason why the Defenders were failing these last games is the slowdown of Ron De Groot. His thigh injury caused loss of playing time. He will hopefully be back next year, healthy and motivated.

Dordt played Westmar and their big man Cullinan next. Cullinan had 33 to lead Westmar while Sybesma led Dordt with 18. Dordt was within two points at half time, but could not contain Cullinan who broke the game open.

We must not forget the other members of the team who added to this year's play: Jeff Crull, Dave Ver Velde, Dan Netz, Rog Ahrenholz, Ron Retroelje, and Rod Broekhuis. Bob Hulstein and Mark Sybesma were honored by the NAIA this year. Bob was ninth in rebounding honors in the NAIA with a 9.3 average, followed by Sybesma with a 9.0.

The team is deserving of recognition for their excellent season record and consistent teamwork and spirit. The hours of practice have certainly been rewarded and deserve the extra mention.

Sybesma was honored for having a 16.7 scoring average. They did a fine job all season.

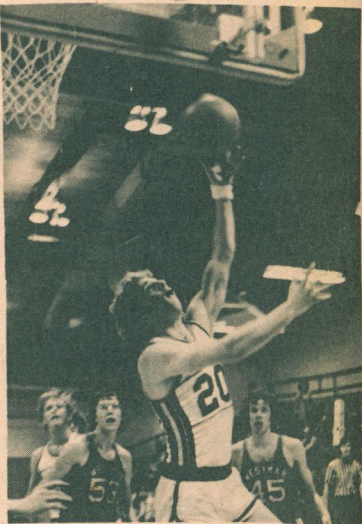


Photo: de Vries

The JVs also finished their season with three games. They were defeated at Northwestern on the 20th by a sound 101-

71 score. The Red Raiders played fine basketball to defeat the freshmen. Blaine Kooy was once again high with 21 points. He has been doing a fine job all season. In fact, next year's basketball tryouts should be interesting to watch with so many fine athletes competing. Also in double figures was Kent Van Groningen with 16, Kim Dooyema with 10 and Jerry De Wit with 11. Jerry has been a valuable asset to the team this year and a highly underrated player. He does everything: scores, rebounds and plays sound defense.

After losing this game, the JVs went on to win their last two to finish the season with a 15-1 mark.

On February 17, the JV played a Hull Independent team and squeaked by with an 83-81 score. The competition was good with Gene Hospers scoring 24 and Bob Grussing scoring 18. Van Groningen was high with 29 points. Kim Dooyema, a good man to have come off the bench, connected with 15. Fouls were a big part of the game with Kooy and De Witt fouling out and Van Groningen picking up four.

The JV's last game of the season was with Westmar, whom they defeated 86-75. In many respects this was their best game. Kooy was high with 25, just ahead of De Witt with 23, who said he couldn't score in the first half. Others in double figures were Ruter (11) and Van Groningen (12).